

NAVAL BASE CORONADO



**SAF-T-LINES**



SEPTEMBER 2006



## LABOR DAY SAFETY MESSAGES

SECRETARY OF DEFENSE LABOR DAY WEEKEND DUI CAMPAIGN  
MESSAGE: R 290027Z AUGUST 2006-08-30

Secretary Rumsfeld Sends:

Labor Day weekend concludes the peak period for our military members traveling, visiting families, and enjoying weekends at the beach, amusement parks, or special gatherings. Tragically, far too many service members and family members are killed each Labor Day weekend as the result of drunk drivers.

This Labor Day weekend, the National Highway Traffic Safety Administration (NHTSA) begins a new national drunk driving campaign titled, "Drunk Driving. Over the Limit. Under Arrest." This national DUI campaign will provide us an opportunity to partner with local and state authorities to attack this problem that kills far too many members of our armed forces annually. So far in FY 2006, alcohol has been a factor in nearly 20 percent of the military private motor vehicle fatalities.

I ask that all DOD installations increase traffic safety and enforcement efforts during the 2006 Labor Day weekend with an emphasis on the removal of drunk drivers from our roads. I have sent out several messages asking for more leadership attention to the reduction of private motor vehicle deaths. Our metrics indicate that we are not making much progress.

Installation commanders are to establish or renew memorandums of understanding with seek to surrounding jurisdictions to identify and refer military members who are found to be driving drunk in civilian communities to their chain of command for appropriate action.

Let s make this upcoming Labor Day weekend safe by removing drunk drivers from our roads.

Thank you.

## **COMMANDER NAVAL SAFETY CENTER NORFOLK, VA LABOR DAY SAFETY MESSAGE. R 241431Z AUGUST 2006-08-30**

### **Released by RADM George Mayer:**

1. "It was the best of times; it was the worst of times." That opening sentence of Charles Dickens' "a tale of two cities" aptly describes the two distinctly different faces Navy and Marine Corps private motor vehicle statistics have taken thus far in FY06.

2. Through August 18, PMV deaths for the Navy stood at 66 (worse than each of the previous 12 years) and for the Marine Corps the number is 52 (worse than the previous five-year average). Between May 1 and August 18, however, Navy PMV death rates were better than all the previous 10 years (for the same period) and 39 percent below the 10-year average. Marine Corps PMV death rates between May 1 and August 18 were third best of the previous 10 years (for the same period) and 14 percent below the 10-year average.

3. It's my fervent hope we can continue this improving trend as we head into Labor Day and the end of another critical days of summer. Historical data says that, for this year,

two sailors and/or marines will perish in car crashes during Labor Day weekend. For each of the last three years, we've lost only one member, and the fatalities between 2001 and 2005 totaled 10.

4. In comparison, the National Highway Traffic Safety Administration's fatality-analysis-reporting system logged 2,396 deaths during Labor Day-weekend crashes on the nation's highways between 2000 and 2004. Of those fatalities, 1,251 (or 52.2 percent) involved the use of alcohol.

5. The same primary factors continue causing most of these motor-vehicle tragedies: driving under the influence, speeding, not wearing a seat belt or using PPE, and losing control of vehicle. Here are some things we [as leaders] can do in our battle to educate sailors and marines about the dangers of using poor judgment, making bad choices, and taking unnecessary risks:

- ❖ Know the where, what, and how concerning your people.
- ❖ Be alert to warning signs for potential situations that may lead to alcohol abuse.
- ❖ Talk to your people before liberty call about the importance of not becoming a statistic.
- ❖ Ensure your people realize their importance to the unit's mission.
- ❖ Provide alternatives and educate personnel on available programs to prevent alcohol abuse, while promoting responsible, safe behavior.
- ❖ Provide adequate training, especially for motorcyclists.

6. While we're trying to prevent all those tragedies on the highways during Labor Day, let us not forget this holiday also marks the end of the summer season. Many families will be having one final fling at family fun before another school season starts. In their zeal to have a good time, people often throw caution to the wind. The ticket to success is using risk management-it keeps us safe on the job, and it'll work for us in those off-duty hours, too, if we just give it a chance.

7. Have an enjoyable Labor Day holiday weekend, but temper it with responsible behavior. We need you back to work alive, intact, and ready to meet all the challenges that lie ahead.

# SAFETY TIPS

## Hiking Safety – Take a Hike

Hiking can be more dangerous than one might think. For example, it is very easy to slip on slippery stream rocks and fall and injure yourself. You can also become dehydrated in hot weather or get hypothermia if it rains. It is also surprisingly easy to get lost. But you can minimize the risks by using some common sense precautions.

- ❖ **Hike with a friend or family member.** The companionship in the great outdoors is fun and you can encourage one another to meet your fitness goals.
- ❖ **Take plenty of drinking water.** Leave stream, river and lake water for the park wildlife. Although it looks clean and refreshing, mountain stream water can make you ill.
- ❖ **Let someone back at camp or at home know where you are going and when you plan on returning.** Take a mobile phone for emergencies only to let them know you have returned safely.
- ❖ **Don't walk off-trail.** Cutting across switchbacks erodes the hillside and eventually destroys the trail. Plus, walking off-trail increases your chance of suffering an injury or getting lost.
- ❖ **Wildlife lives in all of our state parks, even near urban areas.** Although rare, black bears, mountain lions, and rattlesnakes may be seen. Whenever you encounter wildlife on trail, keep your distance, back away slowly, and do not run.
- ❖ **Poison oak is a common plant throughout much of California.** Learn to identify its shiny, three-leaf pattern and avoid touching. If you touch poison oak, wash immediately with water and mild soap. Pat dry with a clean towel.



## Swimming and Water Recreation:

Know your abilities and don't try to exceed them. Swim in designated areas with Lifeguards present. Never swim at night and without a buddy. Alcohol and the sun make a dangerous combination; whether swimming or boating, they don't mix. If you're going to be operating a watercraft then don't plan on drinking alcohol. Just like DUI while in car, a BUI in a boat or Jet Ski carries stiff penalties, jail time, and can lead to injury and death.



## Sports:

Go out there and have fun but remember your limitations, we're not MLB players or NBA stars. We see most of our recreational injuries from softball and basketball pickup games. Make sure you stretch and warm-up before the game, follow the rules and watch the playing field. Drink plenty of water before and during play.

## Traveling:

Use the pre-travel tools provided by the Navy Safety Center website <http://www.safetycenter.navy.mil> and perform a risk analysis of your trip. Pre-inspect your vehicle to make sure it's in good working order. The highways are going to be crowded on Labor Day weekend so use defensive driving skills. Watch out for the other guy, pay attention to the roadway and get plenty of rest. Plan to stop every two hours of travel to get out and stretch. Lastly, never drink and drive. You are too valuable of a team member to take the chance of injuring or killing yourself or someone else.





# NAVOSH TRAINING

## CPR CERTIFICATION CLASS

**Date:** 5 September 2006  
**Where:** Bldg 678, Classroom 222  
**Time:** 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

## RESPIRATOR TRAINING CLASS

**Date:** 6 September 2006  
**Where:** Bldg. 678, Classroom 222  
**Time:** Respiratory Program Assistant - 0800-1200  
Respiratory Protection program (Users) - 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

# NAVOSH INSPECTION (ANNUAL) SCHEDULE

## COMMAND

## DATE

NAVPACMETOFAC	06 SEP
NAVAL COASTAL WARFARE GROUP ONE (NCWG-1)	14 SEP
DEFENSE ENTERPRISE COMPUTER CENTER	21 SEP
FASOTRAGRUPAC	26 SEP
DEFENSE REUTILAZATION MARKETING OFFICE (DRMO)	04 OCT
AMPHIBIOUS CONSTRUCTION BATTALION ONE (ACB-1)	05 OCT
NAVAL BEACH GROUP ONE (NBG-1)	11 OCT
NAVAL UNDERSEA WARFARE CENTER (NUWC)	12 OCT
AIMD	18 OCT
NAVAL AIR FORCE PACIFIC FLEET	31 OCT

**FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678 RM 227**

**ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049**

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**FAX NUMBER – 545-1053**

The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics. Visit <http://www.nbc.navy.mil> (Safety Department) for previous SAF-T-LINES.